



FEBRUARY TIP SAVINGS: Over \$480/YR
Avoided Emissions of CO₂: Over 500 lbs./YR

\$USTAINABILITY \$AVINGS TIP

GOOD LOCAL FOOD IS EASIER THAN YOU THINK

Reduce your food miles with gardening, CSAs, and Community Gardens

Are you looking for a very personal way to provide impactful benefits for our environment? How about reducing your food miles? The number of miles our food travels from the grower to our plate are called “food miles.” More food miles = more fuel used = more CO₂ emissions. Planting your own garden is one of the best ways to reduce your food miles. If you can’t, or prefer not to install your own garden, or if you want to supplement your harvest, visit one of the many local **Farmers Markets**.

**Free gardening class
in February!**



Or, you can buy a share of a local farmer’s harvest. This concept is called **Community Supported Agriculture** or CSA. There’s also a lot of new interest in **Community Gardens**, a piece of land that is shared with friends, neighbors and community groups for growing vegetables, fruits and flowers. There are several in Mesa, including **Mesa Urban Garden** in downtown!

You might strive to be a **Locavore** meaning you’ll pay attention to where your food comes from and commit to eating local foods as much as possible. There are many great things about eating local. It supports small farmers in your

area, you will likely eat healthier, save money on groceries, and all the while reducing greenhouse gas emissions for the planet – talk about multiple benefits with one simple change!

CHECKLIST FOR SAVINGS

- ☐ **Sat. Feb. 26, 1-2:30 p.m. [Growing Food in the Desert – Cultivating Sustainability](#)** – Learn about all the benefits of growing food locally, including in your own backyard. We’ll cover the basics for successful gardening, local community gardens, some small-scale farming ideas, potential funding opportunities, and more. Location: Red Mountain Library, 635 N. Power Road. Free – [learn more](#).
- ☐ **Seed Library:** Mesa Public Library offers a Seed Library for library card holders to check out three seed packets per month for free. Check it out (*get the pun?*) at the Main Branch at 64 E. 1st Street and at Red Mountain Branch at 635 N. Power Road. Visit mesalibrary.org/stuffbrary/seed-library.
- ☐ **Downtown Mesa Farmers Market:** This market is located at the Mesa Arts Center, 1 E. Main Street, Saturdays 8 a.m. to 12 p.m. Learn more at www.dtmesa farmersmarket.com.
- ☐ **Community Supported Agriculture (CSA) Membership:** Visit www.localharvest.org to find a local CSA.
- ☐ **Community Gardens:** Visit www.mesaaz.gov/sustainability to learn about the many located in Mesa. Find Mesa Urban Garden at 212 E 1st Ave. or check out www.facebook.com/MesaUrbanGarden.

\$START \$AVING

Start saving money and reduce your food miles, while doing your part for *building a sustainable community*. Visit mesaaz.gov/sustainability for more sustainability savings tips.

Learn to live Green